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MAYBE THERE'S ONLY ONE WAY TO DIE IN THE WEST

FROM THE WEATHER, ACCORDING TO CHARLIZE THERON. USE METRO AR FOR EXTRAS FROM SETH MACFARLANE'S WILD WEST SPOOF

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A Sask. hometown hero

Watson's Dustin Tokarski now in goal for the Habs

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Dreaming of a white beach

Turks and Caicos won't be Canada's newest province just yet, Baird says

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SEPARATISTS RAGE ON

Pro-Russian separatist fighters take positions outside an airport in Donetsk, Ukraine, the scene of an hours-long battle between the separatists and Ukrainian forces on Monday. After businessman Petro Poroshenko won Ukraine's presidential election, separatists occupied the airport, leading to the military response. For more, go to page 6. BRENDAN HOFFMAN/GETTY IMAGES

U of S interim pres urged to halt budget cuts

DefendUS. Letter sent to Gordon Barnhart complains of little consultation or transparency in the TransformUS process

More than 800 students, staff, faculty and alumni at the University of Saskatchewan want the school's interim president to stop budget cuts under an overhaul known as TransformUS.

They say in a letter sent to Gordon Barnhart that there has been little consultation or transparency.

The letter says that a TransformUS committee included only three students, that lead academics have criticized it and that the recent firing of a professor who spoke out against cuts makes the process untrustworthy.

Quoted

"We hope that you will act quickly ... to restore the faith and trust of the U of S community."

Letter to Gordon Barnhart from DefendUS

The professor was offered back — and accepted — his tenure position, but he is not being reinstated as head of the School of Public Health. Barnhart was appointed last week after president Ilene Busch-Vishniac was fired and has said he needs time to review finances before deciding how to move ahead.

The group that started the online letter is asking for a response from Barnhart by June 6 and wants a public meeting soon after that.

"We appreciate that you have stepped into a difficult task and that you are not responsible for the many things that have gone wrong at the University of Saskatchewan," reads the letter from the group that has dubbed itself DefendUS.

"Nevertheless, you have been given the responsibility of leading the University of Saskatchewan at this time. We hope that you will act quickly and decisively to restore the faith and trust of the U of S community and the people of Saskatchewan in U of S leaders."

The university released a plan last month that includes cutting jobs, reorganizing administration and dissolving some programs to try to save about $25 million. The cuts are part of a bigger goal to address a projected $44.5-million deficit in the school's operating budget by 2016. THE CANADIAN PRESS

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Saskatchewan boy lives out his dream in NHL playoffs

Dustin Tokarski.
All 800 of Watson's residents likely backing Montreal

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Residents of a small central Saskatchewan community are changing their hockey allegiances en masse to support a celebrated NHL franchise in search of its 25th Stanley Cup championship.

And all it took was a simple goaltending change.

All approximately 800 residents of Watson appear to be backing the Montreal Canadiens after the team surprised many by starting hometown boy Dustin Tokarski in their Eastern Conference final playoff series against the New York Rangers.

"We're all so very proud that he has come all this way," Mayor Norma Weber told Metro on Monday.

"Everyone is pretty much glued to the television (watching Tokarski play)."

Weber explains that there's a long history of hockey connected to the Tokarski name in the area.

"His dad Mark Tokarski was also a goalie," Weber said, noting that Dustin's grandfather, as well, played for the Watson Rockets.

Tokarski, 24, ended up with the starting goaltender position after Canadiens star netminder Carey Price went down to injury in Game 1 of the series with the Rangers.

Montreal head coach Michel Therrien shocked many by opting for the young Saskatchewan upstart to replace Price, instead of veteran Peter Budaj.

Tokarski has shone in his first three games, posting an impressive .917 save percentage.

That strong play, though, hasn't been enough to prevent Montreal from falling behind 3-1 in the series and facing elimination on Tuesday night.

Montreal Canadiens goaltender Dustin Tokarski, right, practises with defenceman Nathan Beaulieu and the rest of the team last Wednesday in Brossard, Que. Residents of Tokarski's hometown of Watson are excited about his success so far in the NHL playoffs. RYAN REMIORZ/THE CANADIAN PRESS

Still, his unlikely journey to front-and-centre in a Stanley Cup playoff series has captivated the hockey world.

It has also granted his hometown an opportunity to show its pride.

"That's the small-town spirit," Weber said of the support Tokarski has received from the community.

Stadium benefits hinge on development: Academic

It's touted as the signature piece in the largest development in Regina's history, with supporters predicting it will spur a sweeping transformation of the north core area.

But a University of Regina instructor says the city's $278-million stadium and future home of the Saskatchewan Roughriders can live up to its expectations as a driving force of revitalization only if a new neighbourhood at the Taylor Field site provides opportunities for residential and commercial development.

"It would be a bit of a shame if it didn't include some mixed-use (developments), whether there was a combination of … some workspace, some amenities like food services … that would be available to residents," said Bruce Anderson, instructor of strategy and entrepreneurship at the U of R's Paul J. Hill School of Business.

The current Mosaic Stadium site is in a mostly residential area, with no nearby amenities and few commercial buildings. The planned development at that site is expected to boast 700 housing units, as well as an unspecified number of commercial developments.

"It will attract more investment, more people," Mayor Michael Fougere said of the plan, which forms part of the expansive Regina Revitalization Initiative.

Anderson points to the location of the new stadium at Evraz Place as an exciting opportunity to transform the area into a full-fledged sports and entertainment district that would also lure residents and businesses to the nearby Taylor Field neighbourhood.

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Northern Saskatchewan

Crews hope rain, backburn will quench forest fire threat

Crews battling a forest fire near a northern Saskatchewan aboriginal community are hoping rain and a backburn will help extinguish the blaze.

Steve Roberts, the province's executive director of wildfire management, says the 4,900-hectare fire is about 10 kilometres from Stanley Mission.

"We've got obviously days of work ahead of us — a 4,000-hectare fire is a large piece of landscape," Roberts said Monday.

Crews are conducting backburns, which involve burning out sections of the forest ahead of the fire to stop it from moving toward the community. Sprinklers have also been set up around the community to protect buildings.

About 1,000 people from Stanley Mission had to leave this past weekend because the fire was threatening power lines and the only road into the community.

Evacuees are staying in La Ronge, Prince Albert and Saskatoon. THE CANADIAN PRESS

'Management objectives'

Province raises fines for illegal hunting, fishing

The Saskatchewan government has increased fines for illegal hunting and fishing.

Environment Minister Ken Cheveldayoff says penalties have more than doubled for serious infractions.

For instance, unlawfully hunting from a vehicle is now punished by a $1,000 fine — up from $500.

The fine for fishing during closed times has doubled to $400, plus $50 a fish to a maximum of $2,000.

Cheveldayoff says the province wants to set a strong deterrent to those who abuse its natural resources.

The changes result from a survey of anglers and hunters in 2012, and from a recommendation by a government committee.

"Hunters and anglers contribute a great deal of time, money and effort to conserve our natural resources," Cheveldayoff said.

"Our hunting and angling laws are designed to achieve management objectives and to ensure the ethical harvest of our fish and wildlife."

THE CANADIAN PRESS

Roughriders Szarka, Morgan to be inducted into Plaza of Honor

'On and off the field.' Players will be honoured at a special dinner at Evraz Place on Sept. 19

Former Saskatchewan Roughrider standouts Chris Szarka and Omarr Morgan will be the next two retired players to take their places in the team's Plaza of Honor.

Szarka, a fullback, and Morgan, a defensive back, were announced on Monday as the latest of the CFL team's honorees, whose names will be added to the cairn outside Mosaic Stadium's west gate. They are joining 116 individuals whose names are part of the plaza.

According to selection committee chairman and former Roughrider John Lipp, Szarka has been chosen because he was an all-round player and a leader in the community.

"Chris was just a good guy in the community, a longtime Rider and he represented the team well both on and off the field," Lipp said at a news conference at Mosaic Stadium.

Originally from Vancouver, Szarka played with the Riders for all 14 of his CFL seasons from 1997 to 2010. In 2009, he was elected to Regina's city council in Ward 10 and served one term.

Morgan, on the other hand, is described by Lipp as a consistent player who was vital in rebuilding the Riders' defence. He played for the Green and White for 10 of his 11 CFL seasons from 2000 to 2010.

"He was so good for so many years, and yet he never really got the big accolades," Lipp said, "but he was a cornerstone for our defence in those early years when we started to turn it around."

The players will be honoured at the Plaza of Honor dinner on Sept. 19 at Evraz Place.

Szarka and Morgan have been selected from a shortlist of six people.

The short-listed players who weren't chosen this time around will have a chance to be reconsidered next year.

More than $6 million in proceeds from the annual dinner has boosted the Roughriders' coffers over the years.

SARAH TAGUIAM/METRO

Don McDougall, left, chairman of this year's dinner, and John Lipp, chairman of the selection committee, helped choose Chris Szarka and Omarr Morgan as inductees to the Saskatchewan Roughriders' Plaza of Honor. Top right: Fullback Chris Szarka dives over the line for a touchdown against the Hamilton Tiger-Cats in 2005. Bottom right: Defensive back Omarr Morgan celebrates an interception returned for a touchdown in 2005. SARAH TAGUIAM/METRO; TOP, BOTTOM RIGHT: TROY FLEECE/THE CANADIAN PRESS

Regina student chosen for China trade mission

Dolapo Fadare, a Grade 11 student at Michael A. Riffel High School in Regina, has been selected to join the Global Vision charity's trade mission to China this summer. SARAH TAGUIAM/METRO

A Regina high school student has been hand-picked from hundreds of young Canadians to strengthen and forge new business partnerships in China.

Dolapo Fadare, a Grade 11 student at Michael A. Riffel High School, is one of 30 students selected for non-profit group Global Vision's trade mission to China from July 27 to Aug. 14.

"I'm very excited to be able to help put Saskatchewan on the global market and get people to be more attracted to ... our great economy that's still growing," Fadare told Metro on Monday.

Every year, Global Vision takes several high school students on trade missions around the world.

In order to go, delegates have to raise $5,500 on their own while Global Vision provides an additional $5,500 per person.

Other than holding fundraisers, delegates are tasked with securing sponsorships and donations by finding government departments and businesses that are interested in forming relationships with organizations in the countries to be visited.

The students then deliver research, contacts and possible business opportunities in the Chinese marketplace to these organizations.

According to Fadare, she's secured partnerships with Saskatchewan's Ministry of Economy and the University of Saskatchewan's Hanlon Centre for International Business Studies.

She's also meeting with the Saskatchewan Chamber of Commerce and the Rotary Club of Regina.

"It's been a lot of work," Fadare said, "but I think it's a great opportunity to not only meet new people and gain new cultural experience but also explore ways to attract more business to Saskatchewan."

The group will travel to the cities of Beijing, Guangzhou and Chengdu during the course of two weeks.

SARAH TAGUIAM/METRO

Baird says Turks and Caicos dream will remain just that

No 11th province.
Though islands' premier says he's not closing the door on joining Canada, Foreign Affairs says it's not in the cards

The premier of Turks and Caicos is leaving the door open to the prospect of his country joining Canada, even though he has opposed the idea in the past.

But Foreign Affairs Minister John Baird suggested Monday that Canadians are dreaming if they think they'll have a province in the Caribbean any time soon.

Turks and Caicos Premier Rufus Ewing met Prime Minister Stephen Harper in Ottawa, where he says the two leaders spoke about exploring a more formal relationship.

Cruisegoers enjoy the beach at the Grand Turk Cruise Terminal in Grand Turk, Turks and Caicos. Turks and Caicos Premier Rufus Ewing met with Prime Minister Stephen Harper in Ottawa Monday. THE ASSOCIATED PRESS FILE

Ewing described the meeting as a "courtship," but said the pair did not discuss the possibility of Turks and Caicos becoming Canada's 11th province.

The idea, however, is not out of the question, Ewing suggested during a news conference following the meeting.

"It is not of my mandate to close the door," he said.

"It is my mandate to see Turks and Caicos have sustainable economic growth and development and development of our people ... and we look to Canada, who has shown by example of being a very strong democracy."

Even creating closer ties is a long shot, said Baird: The Harper government is not exploring a stronger relationship, let alone considering a plan to annex the British colonial territory.

"We're not in the business of annexing islands in the Caribbean to be part of Canada, so that's not something that we're exploring," said Baird.

"We're not looking at any sort of formal association with the islands."

Premier Rufus Ewing
THE CANADIAN PRESS

Conservative MP Peter Goldring has been pushing the idea for more than a decade.

Canada enjoyed strong economic ties with Turks and Caicos in the 1800s, largely through the salt trade.

More recently, however, the 40-island nation has relied more on the tourist trade and its open banking system for the economic well-being of its roughly 30,000 inhabitants.

Turks and Caicos is currently a British territory with an elected legislature.

THE CANADIAN PRESS

No apology from Harper

Lawsuit against PMO proceeding

The National Council of Canadian Muslims is proceeding with a lawsuit against Prime Minister Stephen Harper and his chief spokesman for a comment it says linked the organization to a terrorist group.

The group is filing a statement of claim in Ontario Superior Court after failing to get an apology from the Prime Minister's Office for the January remark. THE CANADIAN PRESS

2010 Gaza incident

Turkey orders arrest of Israeli commanders

A Turkish court on Monday ordered the arrests of four former Israeli military commanders being tried in absentia over the killing of nine people aboard a Turkish aid ship that tried to break a Gaza blockade, Turkey's state-run news agency reported. THE ASSOCIATED PRESS

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Chief of defence claims military knows location of kidnapped girls

Abuja, Nigeria. Military official won't elaborate on location of students, suggests using force to rescue them will result in their deaths

Nigeria's chief of defence, Air Marshal Alex Barde, centre, speaks in Abuja, Nigeria, Monday during a demonstration calling on the government to rescue the kidnapped girls of a government school. GBENGA OLAMIKAN/THE ASSOCIATED PRESS

Nigeria's military has located nearly 300 schoolgirls abducted by Islamic extremist group Boko Haram, but fears using force to try to free them could get them killed, the country's chief of defence said Monday.

Air Marshal Alex Barde told demonstrators that Nigerian troops can save the girls. But he added, "We can't go and kill our girls in the name of trying to get them back."

He spoke to thousands of demonstrators who marched to Defence Ministry headquarters in Abuja, the capital. Many were brought in on buses, indicating it was an organized event.

Asked by reporters where they had found the girls, Barde refused to elaborate.

"We want our girls back. I can tell you we can do it. Our military can do it. But where they are held, can we go with force?" he asked the crowd.

People roared back, "No!"

"If we go with force what will happen?" he asked.

"They will die," the demonstrators said.

"Nobody should come and say the Nigerian military does not know what it is doing. We know what we are doing," Barde insisted.

Nigeria's military and government have faced national and international outrage over their failure to rescue the girls seized by Boko Haram militants from a remote northeastern school six weeks ago.

President Goodluck Jonathan was forced this month to accept international help. American planes have been searching for the girls. Britain, France, Israel and other countries have sent experts in surveillance and hostage negotiation. Jonathan's reluctance to accept help for weeks is seen as unwillingness to have outsiders looking in on what is considered a corrupt force.

THE ASSOCIATED PRESS

Developing world

Birth, death data vital for health of children, mothers

For one million babies born every year, it's as if they were never here.

That's how many newborns die on the day of their birth, along with millions more in their first month of life, all without ever having been formally documented.

The lack of vital birth and death registration in poor countries will be a major topic of discussion at this week's international meeting on improving the plight of children, newborns and mothers in developing countries.

Prime Minister Stephen Harper is hosting the three-day conference in Toronto.

Rosemary McCarney, the co-chair of the Canadian Network for Maternal Newborn and Child Health, says birth registration is a key to making progress on the issue.

She says knowing about births, deaths and cause of death is key to bringing down mortality rates and improving the health of the most vulnerable women and children in poor countries. THE CANADIAN PRESS

Lawsuit. Woman alleges RCMP officers pulled her from shower, left her nude

A Manitoba woman is suing six RCMP officers, claiming they pulled her from a shower and left her shivering and naked in her kitchen during a search of her home.

The woman alleges in a lawsuit filed last week that the September 2012 incident has left her with post-traumatic stress disorder, fear of being alone and a fear of showering, as well as emotional trauma.

The lawsuit alleges the woman was taken from her main-floor bathroom shower during the mid-morning raid and kept in custody, without any clothing, in the kitchen while police searched her home.

"The plaintiff was kept in the kitchen without access to covers for a period of time," the statement of claim says. "The plaintiff began hyperventilating and experiencing shock-like symptoms."

It claims the woman, who works as a hospital medical technician, was eventually taken to hospital in an ambulance. She is seeking unspecified damages, including punitive damages and costs.

Quoted

"The plaintiff began hyperventilating and experiencing shock-like symptoms."

Statement of claim from Manitoba woman, who alleges RCMP officers left her naked in her kitchen while they searched her home

"As a result of the injuries which the plaintiff received from the defendants, the plaintiff has suffered out-of-pocket expenses including loss of wages in an amount to be proven at trial," the lawsuit says.

The lawsuit says Mounties raided the house while executing a search warrant as part of an investigation, but does not elaborate. Daniel Minuk, the woman's lawyer, declined to comment on the lawsuit or its allegations.

Tara Seel, media relations officer with the RCMP, said it would be inappropriate to comment since the matter is now before the courts.

No statement of defence has been filed. The woman's claims have not been proven in court. THE CANADIAN PRESS

New Ukrainian leader vows to achieve peace with east

Pro-Russian insurgents arrive near the airport outside Donetsk, Ukraine, Monday. Ukraine's military launched airstrikes on Monday against separatists who took over the airport in the eastern city. VADIM GHIRDA/THE ASSOCIATED PRESS

Ukraine's president-elect Petro Poroshenko said Monday he wants to begin talks with Moscow and end a pro-Russia insurgency in the east, but rebels escalated the conflict by occupying a major airport, and the government in Kyiv responded with an airstrike.

As darkness fell in Donetsk, a city of about one million, it was unclear who was in control of the airport. Hundreds of fighters of the separatist Donetsk People's Republic had been brought by trucks to a wooded area on the fringes of the airport, many of them armed with grenade launchers and automatic rifles. At least one warplane streaked over the city, firing flares, and explosions were heard from the direction of the airport.

The rebels, who declared independence for Donetsk and the neighbouring Luhansk region after a hastily called and dubious referendum two weeks ago, regarded Sunday's election of Poroshenko as illegitimate.

In a victory speech, the billionaire candy tycoon promised to open a dialogue with residents of eastern Ukraine and to guarantee their rights. The rebels and many others in the region say they fear the February ouster of pro-Moscow president Viktor Yanukovych will lead to the repression of its predominantly Russian-speaking population by Ukrainian nationalists.

Poroshenko said he would not negotiate with armed insurgents he calls terrorists.

"Peace can only be achieved through a dialogue with people," he said Monday. "This process cannot be stopped with the use of arms only; arms can be used exclusively against killers and terrorists."

Russia has heavily criticized an offensive by Ukraine's military against the rebels, and Poroshenko indicated he wants it to end quickly.

"The anti-terrorist operation cannot and should not last two or three months," he said. "It should and will last hours."

But aggression by rebels, as at the Donetsk airport, could make it impossible for Ukrainian forces to back off.

THE ASSOCIATED PRESS

Thai coup leader warns citizens against protests

Royal endorsement. Thailand's king endorsed its military chief to run the country and called for 'reconciliation'

Bolstered by an endorsement from Thailand's king, the nation's new military ruler issued a stark warning Monday to anyone opposed to last week's coup: Don't cause trouble, don't criticize, don't protest — or else the nation could revert to the "old days" of turmoil and street violence.

Gen. Prayuth Chan-ocha defended the army's takeover, saying he had to restore order after seven months of increasingly violent confrontations between the now-ousted government and demonstrators.

Gen. Prayuth Chan-ocha speaks at his first press conference since Thursday's coup on Monday in Bangkok.
SAKCHAI LALIT/THE ASSOCIATED PRESS

"Everyone must help me," said Prayuth, adding: "Do not criticize, do not create new problems. It's no use."

The words came as an aide to former prime minister Yingluck Shinawatra said she had been released Monday from military custody after being held for three days.

Earlier Monday, a royal command sent in the name of King Bhumibol Adulyadej officially endorsed Prayuth to run the country and called for "reconciliation among the people."

The endorsement is a formality, but in a country where the king's word is supreme, it is one that carries enormous weight. THE ASSOCIATED PRESS

Fatal train collision in India kills 40

Officials and rescuers stand near the wreckage after the Gorakhpur Express passenger train slammed into a parked freight train near Basti, in India's Uttar Pradesh state, on Monday. The express train plowed into a parked freight train, killing at least 40 people and reducing cars to heaps of torn and twisted metal, officials said. Six of the cars on the express train derailed, with one car accounting for most of the deaths, police said. THE ASSOCIATED PRESS

Don't hold your breath

Man faints while driving through tunnel, injures four people in crash

Police say a 19-year-old man caused a three-car crash when he fainted while holding his breath as he drove through a tunnel in Oregon.

According to a news release, Daniel J. Calhon told investigators he fainted Sunday afternoon while holding his breath in the Highway 26 tunnel near the community of Manning.

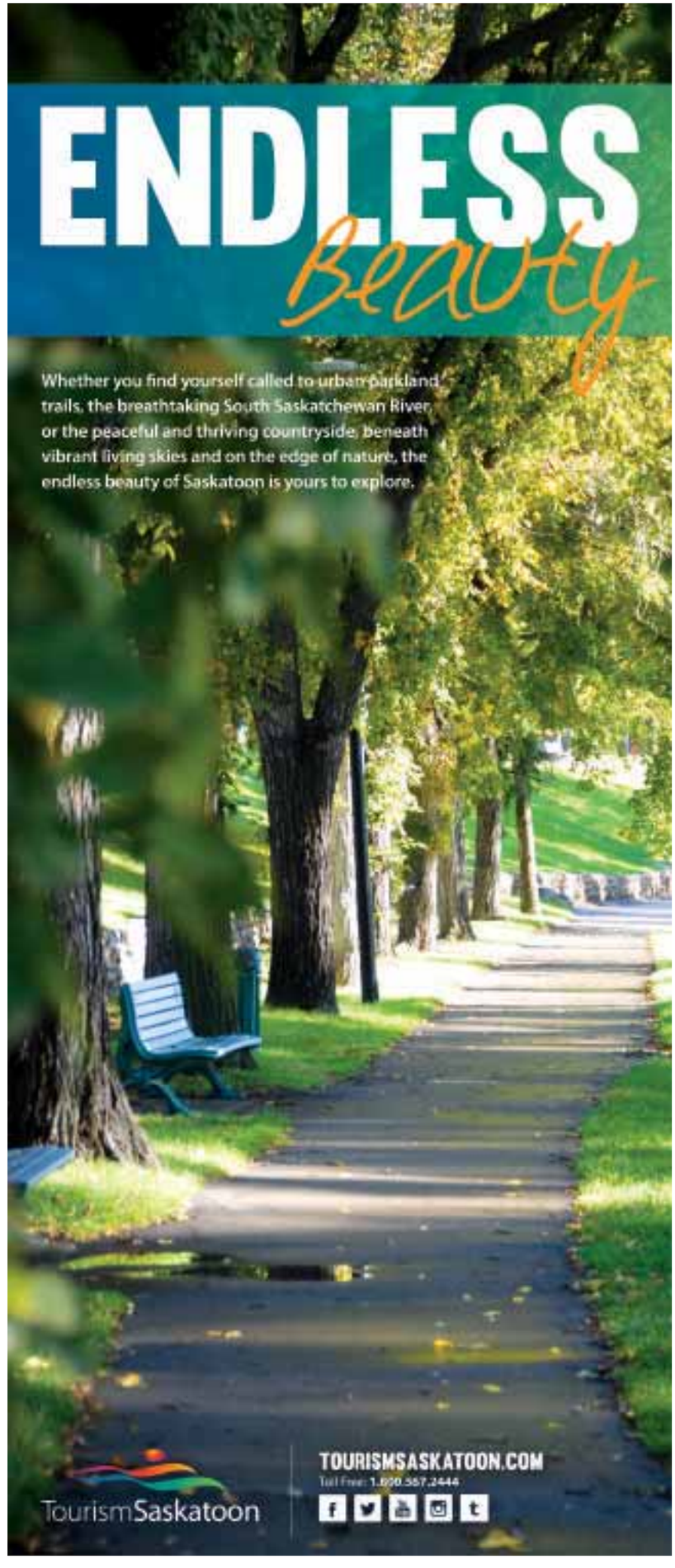
His car, a 1990 Toyota Camry, drifted across the centre line and crashed head-on with a Ford Explorer.

Both vehicles struck the tunnel walls before a pickup hit the Camry.

Four people suffered non-life-threatening injuries.

Police say Calhon has been cited for reckless driving, three counts of reckless endangerment and fourth-degree assault.

Some people hold their breaths in tunnels as part of a game or superstition. THE ASSOCIATED PRESS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Please *do not* turn that off

The directive to "Please turn off your portable electronic devices" is becoming a thing of the past for Canadian air travellers. Transport Minister Lisa Raitt says regulations are being changed to permit the use of video games, tablets, computers and cameras at any time during a flight, including during takeoff and landing. PHOTO: SANDRA MU/GETTY IMAGES; TEXT: THE CANADIAN PRESS

A special on curl-ups with a can of carrots?

Fitting in fitness.
You can work on your six-pack for free, and pick up a six-pack, at one Albany, N.Y., grocery store

A grocery store in Albany, N.Y., offers a free gym open to anyone, just past the pharmacy. MIKE GROLL/THE ASSOCIATED PRESS

When Ann Lawson strolls into her neighbourhood grocery store, she really gets a workout.

That's because her Hannaford supermarket has a small gym located just past the pharmacy counter. It has treadmills, stationary bicycles, various other cardio machines, even a state-of-the-art Zumba room with a shiny wooden floor.

And best of all, it's free.

"It's about me getting healthy and losing some of this excess weight," Lawson said. "And I like the idea of being able to work out and shop in one trip."

Maine-based Hannaford insists the 5,600-square-foot health facility that opened in October is not part of some shrewd marketing campaign. The Albany, N.Y., store is the only one in the 184-store chain with such a gym, and there are no plans for more.

The idea grew out of a meeting last summer between Hannaford, the local YMCA and the health-care provider Capital District Physicians' Health Plan. All said their goal was to come up with something to improve the area's health while also being convenient, accessible and free.

Store manager Dave Farrell, an admitted "exercise fool" who has dropped 86 pounds in the last year, said gym-goers don't have to shop in the store — they just fill out paperwork on the first visit and are given fobs to swipe when they stop by.

So far, just over 1,100 people have signed up, and the exercise classes are packed.

"Obviously, we've had people use it who weren't customers and have decided to shop in the store," Farrell said. "It's definitely a win for us, but that wasn't the goal."

THE ASSOCIATED PRESS

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Other markets closed for Memorial Day in the U.S.

Nuclear waste piling up

Nuclear power plants across the United States are building or expanding storage facilities to hold their spent fuel — radioactive waste that by now was supposed to be on its way to a national dump.

The steel and concrete containers used to store the waste on-site were envisioned as only a short-term solution when introduced in the 1980s. Now they are the subject of reviews by industry and government to determine how they might hold up — if needed — for decades or longer.

With nowhere else to put its nuclear waste, the Millstone Power Station overlooking Long Island Sound is sealing it up in massive steel canisters on what used to be a parking lot. The storage pad, first built in 2005, was recently expanded to make room for seven times as many canisters filled with spent fuel.

Dan Steward, the first selectman in Waterford, which hosts Millstone, said he raises the issue every chance he can with Connecticut's congressional members.

"We do not want to become a nuclear waste site as a community," Steward said.

The government is pursuing a new plan for nuclear waste storage, hoping to break an impasse left by the collapse of a proposal for Nevada's Yucca Mountain. The Energy Department says it expects other states will compete for a repository, and the accompanying economic benefits, and it's already heard from potential hosts in New Mexico, Texas and Mississippi. But the plan faces hurdles including a need for new legislation that has stalled in Congress.

THE ASSOCIATED PRESS

Drew the short straw? Write to the Buffetts

When Warren Buffett announced in 2006 that he would give away his billions, he was flooded with individual requests for help that still flow in today.

Instead of tossing the letters aside, Buffett packages them up and sends them to his big sister Doris. With the help of seven women, her Sunshine Lady Foundation scrutinizes each request to find people who have come upon bad luck through no fault of their own.

"She just believes that a lot of people got short straws in life, and she wants to help them," Warren Buffett said.

Buffett, 83, and his 86-year-old sister worked out the unusual arrangement because neither wanted to disregard the requests, but Buffett also wanted to focus on running his company, Berkshire Hathaway.

THE ASSOCIATED PRESS

Multi-year deal

TSN to develop content for Canadian Tire

Canadian Tire Corp. has signed a multi-year deal with TSN that will see the sports broadcaster develop and produce content for the retailer's advertising.

THE CANADIAN PRESS

Zip-a-Dee-Doo-Dah

Betting on a zip line in Sin City

Officials at the Rio casino are celebrating the grand opening of the VooDoo Zip Line that runs between two of the resort's towers and offers views of the Las Vegas Strip.

THE ASSOCIATED PRESS

Ties that bind

Hacking charges not likely to break China-U.S. bonds

China may be trying to steal trade secrets from U.S. businesses, as prosecutors allege. Yet for many U.S. companies, China's market remains an irresistible source of business. THE ASSOCIATED PRESS

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997,* Notice is hereby given that Rebellion Brewing Ltd. has applied to the Liquor and Gaming Authority for a Tavern Brew Pub and Manufacturer Permit to sell alcohol in the premises known as Rebellion Brewing Co. at 1901 Dewdney Ave, Regina, SK of which the following is a correct legal description:

Block: V
Plan No.: 94R45398
1901 Dewdney Avenue
City of Regina, SK

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

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BUT WHICH BRO ARE YOU, BRO?

SHE SAYS

Jessica Napier
metronews.ca

The world of online dating is a wondrous novelty to me. I'm not sure if I would have ended up with my own significant other — whom I met unromantically, at a bar — if I had relied on a digital matchmaking service that allows you to filter potential partners by age, race, religion, geography, height, body type and annual income.

Sophisticated algorithms might help users narrow down their search, but we all know that a carefully selected profile photo can make or break your chances of finding a date. Some sites such as Match.com and eHarmony allow users to post an entire catalogue of images, while popular matchmaking app Tinder limits users to just five well-chosen snapshots.

I spent the weekend scrolling through profiles on various digital dating services with a few of my single girlfriends — in the name of research, of course — to find out what influences a woman's decision to swipe right and say yes to a date. In the course of this exceedingly important investigation, I discovered there are numerous things that make women cringe when it comes to first-impression photos.

The top five things all the single ladies really don't want to see on your profile:

• **Your ex:** It's perplexing to see how many men think posting a romantic vacation photo with their ex-girlfriend might help them snag a date. I don't care if you look incredibly handsome in that picture in front of the Eiffel Tower; coupled-up images suggest you are still invested in your previous relationship or have absolutely no idea how to upload new content to the Internet.

• **Group shots:** We get it, you love your bros. You have so many bros, but which bro are you, bro? Dating websites feature thousands of men; your individual profile should be about you and not your posse of pals. Stick to solo images to avoid confusion.

• **Photos of your stuff:** Most women aren't looking to date your motorcycle or your dog and if they are, well they probably still want to see YOU posing with your prized possessions. Uploading standalone images of your condo interior won't help you turn that bachelor pad into a love nest any time soon.

• **Bicep snaps:** It can be hard to find a good collection of recent pictures of yourself, but please stop with the not-so-discrete snapshots of you flexing at the gym. According to a survey by dating website Zoosk, a man is 19 per cent more likely to receive a message from a woman if he posts an image of himself doing something outdoors. So step away from the mirror and get outside.

• **Archival images:** It doesn't take a detective to figure out that a 36-year-old man who uploads a snapshot of himself doing a keg stand at a frat party might be stuck in the past. Remember that you're looking for someone to date you, not "20 pounds ago and with way more hair" you. Avoid disappointment by being honest with yourself and potential love interests.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Lali, Lela, Lila, Lulu and Obama

Five Bengal white tiger cubs born on April 25 were unveiled to the public at the White Zoo in Kernhof, Austria, on Monday. RONALD ZAK/THE ASSOCIATED PRESS

Cubs make their grand entrance

A litter of rare tigers made their debut at a zoo in Austria.

According to the zoo, it's the first time five white tiger cubs were born in a single litter in Europe. The four female and one male are all healthy and doing well.

"We are very, very proud and very happy, because they are totally normal, there is nothing wrong (with them)," said zoo director Herbert Eder. WPTV.COM

Rare beauty makes them targets

The cubs' mother, named Burani, was brought to the zoo from Germany three years ago and this is her third litter.

The father, named Samir, has fathered 14 cubs.

Eder says, "They are not hand-tamed, and not together with people; they are together with their mother."

The white tigers' unique colour means they're targeted by poachers and nearly extinct in the wild. WPTV.COM

By the numbers

500

There are only a small quantity of white tigers in existence and the current population is estimated at approximately 500. With the inevitable inbreeding problems, a debate continually rages over the wisdom of breeding this animal.

SOURCE: INDIANTIGER.ORG

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In this issue, you can find AR enhancements on page 10 in Scene and page 14 in Sports

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MetroTube

Wicked smart birds!

ANDREW FIFIELD
metronews.ca

If there's one fun fact we all took away from Jurassic Park, it's that a closed door would be no match for those crafty velociraptors. "Life finds a way," is how a great man put it.

Smash cut to a few million years later, and we find things haven't changed a whole lot. These clever swallows, residents of the University of Victoria's Campus Bike Centre, are doing their much larger ancestors proud by laughing at our obstacle-based achievements and the motion sensors that guard them.
(Via Grant Hughes/YouTube)

ISTOCK PHOTO

metro

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See that symbol? It means you can scan the photo below with your Metro News app. Charlize Theron takes aim at a few targets!

DVD review

Super Duper Alice Cooper

Directors. Reginald Harkema, Scot McFadyen, Sam Dunn

Stars. Alice Cooper

Fans of original shock rocker Alice Cooper, well served by this loving chronicle by Reginald Harkema, Scot McFadyen and Sam Dunn, may be surprised to learn that the frontman didn't strut fully formed out of a 1970s gateway from hell.

First he was art nerd Vince Furnier, a preacher's son from Arizona, who got his stage name from a Ouija board, band outfits from the Ice Capades and attitude from a "moral compass" that could also point to the dark side.

The doc's funniest moments chronicle his early days, including his performance epiphany in Detroit, his actual birthplace, where he feels audiences first really got his band's blend of music and Grand Guignol theatre: garish eye makeup, faked onstage executions (with a realistic guillotine and hangman's noose), dead baby dolls and other plastic cadavers strewn about.

You'll laugh, you'll cry, but oh you billion dollar babies, you'll rawk.

Extras include deleted scenes and rarely seen concert footage. **PETER HOWELL**

Charlize Theron risks it all for a Million Ways to Die

Wild, wild western. The Oscar winner risked life and limb to bring Seth MacFarlane's spoof A Million Ways to Die in the West to life, but was it worth it?

NED EHRBAR
Metro World News in Hollywood

While you might think Seth MacFarlane had to chase down Charlize Theron to convince her to co-star in his cowboy comedy, A Million Ways to Die in the West, the Oscar-winning actress insists it was the other way around.

"I got to read this pretty early on," she says of the script for the film, which skewers old-fashioned westerns and life on the frontier.

"Just the idea of doing something that's pitched in this very unusual way of a comedy-western situation and him at the helm of that, that to me was very intriguing. So I definitely did some chasing."

But a few weeks on location in New Mexico, risking life and limb, quickly had Theron rethinking her decision.

Storm's a brewin'

"I felt like it was like biblical times, and we were all going to die a horrible death by weather."

Charlize Theron, actress, on weather issues while filming in New Mexico

Anna (Charlize Theron) and Albert (Seth MacFarlane) try not to die at the fair in A Million Ways to Die in the West, the new comedy from director, producer and co-writer MacFarlane. UNIVERSAL PICTURES

"Look, it's a gorgeous place. I understand why you want to paint it. I would want to paint it. I don't necessarily want to go and shoot in it again. It's just like the weather was unbelievable. I felt like it was like biblical times, and we were all going to die a horrible death by weather," she says. "I mean, there was a night where we shot, and Seth left before me. I got a text from him that literally just said, 'The road is washing away! Get out of your trailer right now and start driving!' And I was like, 'I'm going to die on this movie.'"

Of course, all that risking life and limb can help bring a cast together, and Theron is particularly fond of her co-stars on this one, including MacFarlane, Neil Patrick Harris, Giovanni Ribisi, Sarah Silverman and Amanda Seyfried.

"There really wasn't a bad apple in the bunch. It really was just a bunch of great people together having fun, working hard, there for the right reasons, wanting to make the movie the best they possibly could," Theron says. "We laughed a lot, and drank a lot, and almost died together a lot. So we are bonded for life."

One particular co-star does stand out: Taken star Liam Neeson, who plays villainous outlaw Clinch Leatherwood.

"I think all of us were a little star-struck," she admits. "There was definitely that [whispering], 'Liam's here. Yeah?' 'I saw a car by his trailer.' 'Is he here?' 'Is he coming to set?' 'Wow.' Like, trying to be cool when I met first him. There's something about him. He is not just the one-dimensional actor, no matter what he does. And I think that's why people are so endeared by him and why you emotionally tap into him, no matter what he plays. And he plays the baddie in this so convincingly, but there's a realness about him."

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James Franco ALL PHOTOS GETTY IMAGES

Franco, my dear, perhaps your dates don't give a tweet

Dating didn't apparently come easy to James Franco, as the Palo Alto star admits high school was a bit rough. "I wasn't the best socializer," Franco says. "I was shy, but I had a girlfriend named Jasmine my last two years. I was lucky to have someone who stuck around like that. I was a little confused and mixed up when it came to dating." And when it comes to dating today, with the help of social media and mobile technology? "You get to know someone much quicker," he says. "The downside is when people aren't tech savvy and don't express themselves well through digital media." So get with the tweeting, ladies.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ellen Page's dream man is the Biebs!?

Ellen Page has been having some weird dreams, she tells Conan O'Brien during an interview. "My anxiety dreams tend to always relate to pubic hair," Page says. "So I'll be, like, on stage getting ready to act, and I'm just in my underwear, and I just look down and it might as well be an old man's beard or something. Or I'll be topless and it will be up to my (chest). Like a reverse hairy chest." But her dreams haven't all been anxiety-inducing. For instance, there was one about Justin Bieber that she actually enjoyed. "We were in his, like, childhood home in Canada, just hanging out, and his mom came home with takeout from Ikea, and we were like, 'Yeah!'" Page explains. "We were stoked. We were like, 'Yes, our favourite!'" For the record, Page has never actually met Bieber.

Kanye West and Kim Kardashian

Cork resort can't comment on Kim and Kanye's country canoodling

When it comes to all things West-Kardashian, perhaps you empathize with the item entitled "Alert (yawn): Kimye weds" that just appeared in the New York Post. "Two jackasses got married in Italy Saturday," the piece declared.

On the other hand, perhaps you'd really like to know where the couple is honeymooning. According to The Daily Mail, the pair landed at Cork airport in their private jet Sunday and drove off in "a fleet of limousines." They're apparently going to stay in Ireland for five days, and are "rumoured to be staying at the luxurious five-star Castlemartyr Resort — a half-hour drive east of Cork city. Castlemartyr staff said they 'could not comment' on whether it was Kanye who booked the Presidential suite of the 17th-century country manor."

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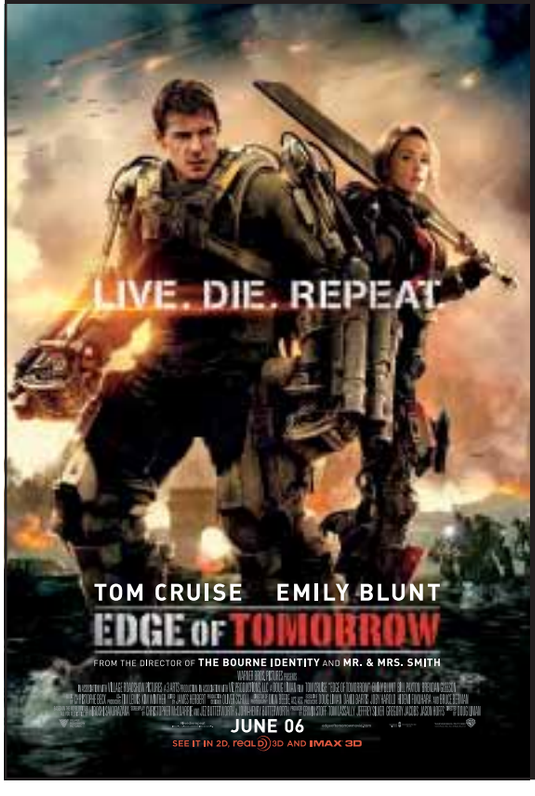
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LIFE 3

Fill avocado to the very top

It's a fruit but tastes like a vegetable and is a "good" fat.
It would be such a waste not to make the most of its deliciousness.
Double up on the goodness by trying one (or all) of these eight wholesome fillings.

ROMINA MCGUINNESS Metro World News in London

1 fried egg
1/4 tsp chili flakes
1 tsp bacon bits

2 tbsp blueberries
1 tbsp yogurt
1 tsp honey

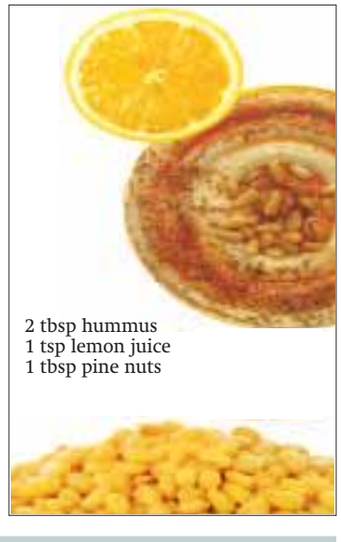
1 tbsp pomegranate seeds
1 tbsp quinoa
1 tbsp chopped pistachios

2 tbsp brown rice
1 tsp mustard seeds
1 tsp eggplant

1 tbsp feta
1 tbsp black beans
1 oz shredded chicken

1 tbsp coconut yogurt
1 tbsp almond flakes
1 tbsp dried figs

1 tbsp chocolate chips
1 tbsp mashed banana
1 tbsp cottage cheese



2 tbsp hummus
1 tsp lemon juice
1 tbsp pine nuts

Calling all of the hungry girls

Lisa Lillien — known to her legions of followers as Hungry Girl — didn't set out to create a diet when she started the Hungry Girl empire, which has spawned cookbooks, a TV show and even a mega-office in LA dubbed HungryLand.

But she found the questions she kept getting from fans were about putting her ideas — recipes, food swaps or living tips — into action.

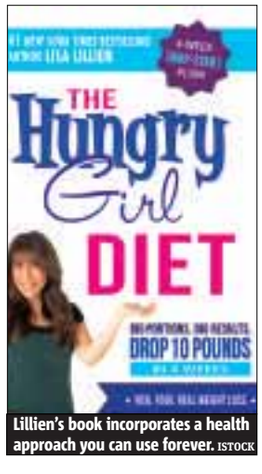
She consulted nutritionist David Grotto to come up with The Hungry Girl Diet, a four-week plan that promises "big portions [and] big results." Here's what we learned about the diet when we chatted up the foodie maven.

It's whole-foods based
Lillien's recipes sometimes call for artificial sweeteners or packaged foods, but the basis of her diet plan is about eating clean. "There are so many ingredients that I use that are all-natural, that are clean and still are perfectly aligned with what my brand is about, so I wanted to focus on those for this particular book," she says.

You're encouraged to dig in
"I took the time to find ingredients that you can eat a lot of, that give you large volumes of food that are extremely satisfying," Lillien says. "You won't be hungry on the diet."

It has rules you can live by
This isn't a diet with a start and stop date. These are healthy-eating rules you can incorporate into your life. "People who have 20, 30, 50, 100 pounds to lose, they were repeating the plan and taking from it whatever they want, and they continue doing it," Lillien says.

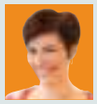
Plus: Make her favourite breakfast
When she's short on time, Lillien loves Greek yogurt with sliced red grapes, almonds and high-fibre cereal. But when she's in the mood to cook breakfast, growing oatmeal bowls are often her dish of choice. **MEREDITH ENGEL, METRO WORLD NEWS**



Lillien's book incorporates a health approach you can use forever. ISTOCK

Health Solutions

Wake up the palate and eat healthy, too



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Sun-dried tomatoes came into their own in the '80s but they remain a killer ingredient for a reason.

They have an intense taste that wakes up the palate but they also bring with them the nutrients that a tomato is famous for.

Lycopene is an antioxidant best known for its suspected role in helping prevent prostate cancer.

But it's also been studied for its help in preventing or treating inflammation, age-related eye disease and lung conditions. Buying the tomatoes desiccated and packaged on their own is your healthiest option; they simply require plumping in hot water for 30 minutes or so before use.

The easiest choice though is to buy them in oil, drain and chop them into salads, on pizza, into any Mediterranean rice or pasta dish.

Don't toss the oil that the tomatoes come in, though! It is highly flavoured and ready to be used in salad dressings or bread dips.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Sun-dried tomatoes add a punch of 'kapow' to steak

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

I find grilled steak kind of one-dimensional and in want of a punch. This drizzle adds moisture and a left hook of flavour that is a knockout.

Mixing together the primary ingredients to use as a marinade pulls double-duty. It protects the meal from creating harmful substances on the grill and adds flavour.

A quick addition of capers and sun-dried tomatoes makes a topping.

Ingredients

- 2 tbsp extra virgin olive oil
- 2 tbsp vinegar
- 1 tbsp oregano
- 2 cloves garlic
- 1 tsp fresh ground pepper
- 1/2 tsp kosher salt
- 1/4 cup Dijon mustard
- 4 small striploin steaks
- 1/4 cup capers
- 1/4 cup sun-dried tomatoes, oil-packed

1. Mix together oil, vinegar, oregano, garlic, pepper, salt and mustard.

2. Pour half onto steak and rub into both sides, marinate for up to 24 hours in the fridge or 20 minutes on the counter.

3. Preheat grill or grill pan.

4. Grill steak for 2-4 minutes per side over high heat.

This recipe serves six. COURTESY THERESA ALBERT

5. Meanwhile mix remaining half of oil-and-vinegar mixture with capers and drained sun dried tomatoes.

6. Spoon caper mixture over cooked steak and serve with a side salad. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

The absolutely addictive quality of grilled asparagus

Grilling vegetables is magical, mostly because the intense heat caramelizes the natural sugars in them. It transforms vegetables from something you feel you have to eat into something you can't stop eating!

And grilled asparagus is one of the most awesome. Not only is it delicious, it's also easy to make. And you only need four things: thick-stemmed asparagus, olive oil, kosher salt and a hot grill.

1. Heat grill to medium and prepare for direct heat cooking. For charcoal grill, spread coals evenly under grate. For gas grill, all burners should be on.

2. Trim off tough bottoms of spears by grasping each end and bending it gently until it snaps at its natural point of tenderness, usually two-thirds of way down the spear. If spear is less than 6 inches long, chances are it has been trimmed.

3. Place spears in zip-close plastic bag. Add oil and massage spears to coat very well. Sprinkle in the salt and massage again. Leave the asparagus in the bag until ready to cook.

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

4. Use tongs to place the spears on the cooking grate crosswise so they won't fall through the grates. Grill for 5 to 8 minutes, turning occasionally to expose all sides to the heat. The asparagus should begin to brown in spots, but don't let them blacken and char. The larger the spears, the longer they will take to cook.

5. Remove from the grill and serve immediately with butter.

THE ASSOCIATED PRESS/ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Ingredients

- 1 lb fresh asparagus
- 1/4 cup olive oil
- 1 tsp kosher salt

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Canadiens goalie Dustin Tokarski stops a shot during practice on Monday in Brossard, Que. PAUL CHIASSON/THE CANADIAN PRESS

Habs draw on past experience for hope

NHL playoffs. Montreal looks to repeat 2010 feat of overcoming 3-1 series deficit

It was up to veterans Brian Gionta and Tomas Plekanec to convince the world, and perhaps themselves, that the Montreal Canadiens still have hope.

The team that looked so solid in coming back to eliminate the first-place overall Boston Bruins is down 3-1 to the New York Rangers in the NHL Eastern Conference final, but Gionta insisted Monday that morale is good and the Canadiens are far from finished.

They will be facing elimination in Game 5 of the best-of-seven series at the Bell Centre on Tuesday night, however.

"It's no secret: You start doing the right things, you start getting rewarded for it and momentum builds," Gionta said. "You keep carrying that.

"A couple of teams have been able to do that this year, the Kings and the Rangers. So it's not something that can't be done and with the group we have in here, we believe we can do it. And we believe we've got better as the series goes on."

Price back on the ice

Carey Price, who is out with a suspected knee injury, skated for about 20 minutes without equipment before the team's optional practice Monday, but coach Michel Therrien said he will not be back in this series.

Gionta and Plekanec were part of a Canadiens team that came back from a 3-1 deficit to upset the high-powered Washington Capitals en route to their last trip to the conference final in 2010.

They did it that time with desperate shot-blocking, spectacular goaltending from Jaroslav Halak and a quiet belief that they could pull it off.

This time, they are looking to third-stringer Dustin Tokarski to imitate Halak. The 24-year-old has been solid in goal since replacing the injured Carey Price in Game 2, allowing eight goals in 11 periods over three games.

He helped them claim an overtime win in New York in Game 3 but was beaten on Martin St. Louis' overtime snipe in Game 4 on Sunday night. THE CANADIAN PRESS

NHL

Capitals shore up GM, coach roles

The Washington Capitals promoted Brian MacLellan to general manager and hired former Nashville Predators coach Barry Trotz on Monday.

MacLellan, who spent seven seasons as assistant GM, replaces George McPhee, whose contract was not renewed after 17 seasons with the Capitals. MacLellan will also get the title of senior vice-president.

Trotz was the Predators' coach for 15 seasons before being dropped from the job in April. In Washington, he takes over for Adam Oates, who was fired with a season left on his three-year deal. THE ASSOCIATED PRESS

NBA playoffs

Heat's Lewis scores a statistical rarity

Heat coach Erik Spoelstra calls Rashard Lewis's latest performance "basically, one of my favourite stat lines of all time."

The box score from Game 3 of the Eastern Conference final says Lewis did basically nothing in his 17 minutes of action Saturday. Lewis had no points, no rebounds, no assists and no steals in Miami's 99-87 win over Indiana — and the Heat outscored the Pacers by 21 points when the veteran forward was in the game, mainly as a defender.

According to STATS, since plus-minus started being charted, no one ever was better than a plus-10 in an NBA playoff game without generating any points, rebounds, assists or steals. THE ASSOCIATED PRESS

Rain fails to slow Bouchard

About the only thing getting between Canadian tennis star Eugenie Bouchard and a berth in the second round of the French Open was the weather.

Bouchard overcame a rain interruption of nearly 90 minutes before finishing off a decisive 6-0, 6-2 win over Israel's Shahar Peer on Tuesday.

The tournament's 18th seed beat Peer for the second time this season and fourth in her career over 58 minutes of actual playing time.

Montreal's Bouchard, the 20-year-old former junior Wimbledon champion, arrived to Roland Garros with her highest career WTA ranking. She moved up to 16th after winning her first WTA title on Saturday, beating Karolina Pliskova in the final of the Nuremberg clay court tournament.

Faith in her game

"I'm confident, but I'm usually always confident and believe in myself, and know whenever I walk on the court I always believe I can win the match." Eugenie Bouchard

"Today the court was actually a bit slower because of the conditions," said Bouchard. "I find the courts here are generally like fast clay courts, so I like them. It's fine for me."

Bouchard next plays the winner of a match between Germany's Julia Goerges and Michelle Larcher de Brito of Portugal. THE CANADIAN PRESS

Eugenie Bouchard returns a shot during her women's singles match against Shahar Peer at the French Open on Monday in Paris. CLIVE BRUNSKILL/GETTY IMAGES

Using the Metro News app, scan the image to find out which recent Grand Slam tournament winner failed to advance past the French Open's first round.

Horoscopes

♈ Aries
March 21 - April 20
There is no point trying to predict what will happen over the next few days. Just stay calm and be ready to act when big events happen.

♉ Taurus
April 21 - May 21
You need to be a bit more serious about your cash flow situation. Tomorrow's new moon will make it clear where and how savings need to be made. No more shopping sprees for you — for now.

♊ Gemini
May 22 - June 21
With a powerful new moon in your sign over the next three days there is no way you can go wrong — and even if you do go wrong it will somehow turn out right. Aim for the sky.

♋ Cancer
June 22 - July 23
What you decide over the next few weeks, and especially over the next few days, will form the basis of your reality for the coming year. Find a quiet place where you can be alone with your thoughts.

♌ Leo
July 24 - Aug. 23
Friendships and group activities are highlighted today and all week, so get out and mix with all sorts of people — every one of them will have something to teach you.

♍ Virgo
Aug. 24 - Sept. 23
If you are in any way dissatisfied with your lot, now is the time to do something about it. The approaching new moon means that changes are good for you, especially those to do with your career.

♎ Libra
Sept. 24 - Oct. 23
It will feel as if a great weight has been lifted from your shoulders today. Money worries, especially, will begin to fade and you can start having fun again.

♏ Scorpio
Oct. 24 - Nov. 22
The upcoming new moon will give you the motivation and energy you need to make a start on a project you have been flirting with for weeks, months, maybe even years.

♐ Sagittarius
Nov. 23 - Dec. 21
Anything of a one-to-one nature, be it personal, professional or financial, can be changed for the better over the next few days. Romance is especially well starred.

♑ Capricorn
Dec. 22 - Jan. 20
Even you can recognize that certain ways of doing things are not working as well as they should. It's time to push your ego to one side and admit that changes are needed.

♒ Aquarius
Jan. 21 - Feb. 19
The approaching new moon encourages you to believe that you can get away with anything. If you act as if it is true, you will no doubt do something amazing.

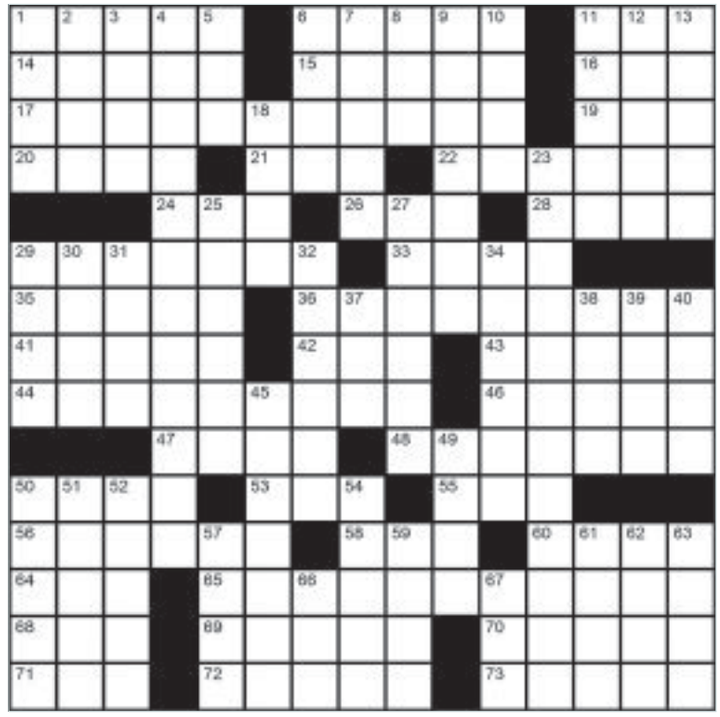
♓ Pisces
Feb. 20 - March 20
Over the next two or three days you will get the opportunity to find out why loved ones are so uptight. Once you know that it will be quite easy to restore harmony.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



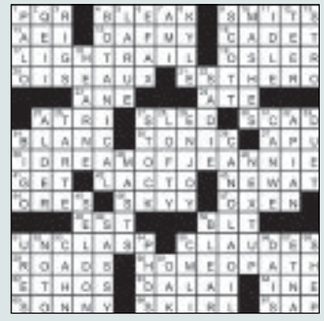
Across

1. Comic legend Milton
6. Backs
11. Telly-watcher's network
14. Sneezer's sound!
15. Classical music groups, briefly
16. Mr. Roth
17. Purchase with plastic: 3 wds.
19. __ rummy
20. Alta. neighbour
21. Farm field
22. Green Day's "When I Come __"
24. 'Benedict' suffix
26. Banned pesticide
28. '500' car race
29. Stop broadcasting: 2 wds.
33. Q. "___ Cool J the star of 'NCIS: Los Angeles'?" A. "Yes."
35. Straighten
36. Canada-US: World's longest __ border
41. Shelf sort
42. Melissa __ Anderson
43. Celebrity chef Ms. De Laurentiis
44. Plummer's song in "The Sound of Music" (1965)
46. Calgary neighbourhood
47. __ __ other (Without equals)
48. Bricklaying tools
50. __ up (Escalates)
53. "November Rain" gr.
55. Antacid brand
56. A bite to eat
58. Lute-like instrument
60. Financial investment for the future, commonly
64. Cards symbol
65. Artful Dodger, and cohorts
68. Pronoun
69. Ice Cube, aka __ Jackson
70. Big name in insurance
71. __ Francisco
72. "SCTV" alum Martin
73. Beseech

Down

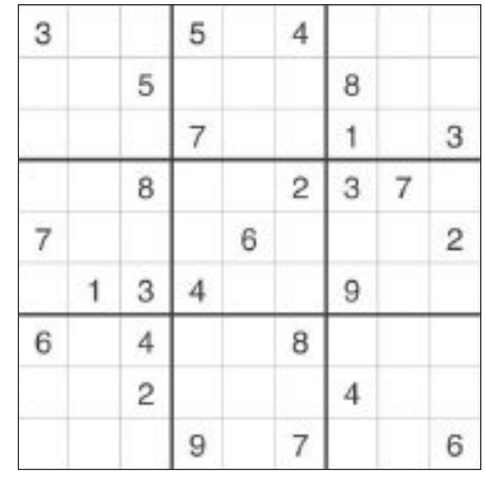
1. Ms. Streisand, cute-style
2. S. Amer. country
3. Prince Edward's wife, Sophie __-Jones
4. Stratford Festival play currently, Alice Through the __-__
5. Many a moon
6. Canadian comedian Jon
7. Greek mythology nymph
8. Got [abbr.]
9. Acupressure
10. Stars sci.
11. Carpenters' "We've Only Just __"
12. 54-40's "I Go __"
13. Brady Bunch kid
18. Staff symbol
23. Type of job, as on Hibernia: 3 wds.
25. "Still haven't heard a thing...": 2 wds.
27. Reader's __ Canada
29. 'Red tag' event
30. __ _'Orleans, QC
31. 1947 Nobel Prize in Literature winner, Andre __
32. Ford model
34. "Gilligan's Island" water
37. Greek letters
38. Florida: Miami-__ County
39. Leon __, 1963 Pulitzer-winning biographer
40. Author Mr. Brown's
45. One of Canada's official languages
49. Change
50. Accumulate
51. Certain coffee
52. Primp
54. TV weatherman Al
57. Heroic verse
59. __ __ the crack of dawn
61. Network of nerves
62. Commuter ticket buying places, e.g.
63. Health/safety messages, e.g.
66. Comedian Margaret
67. Head covering

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

2	5	1	9	3	6	4	7	8
4	8	3	1	5	7	9	2	6
6	9	7	4	8	2	1	5	3
5	6	4	7	2	3	8	1	9
3	2	9	8	6	1	5	4	7
1	7	8	5	4	9	6	3	2
9	1	6	3	7	5	2	8	4
7	4	5	2	9	8	3	6	1
8	3	2	6	1	4	7	9	5

Today
23°/10°
Sunny

Wednesday
23°/12°
Partly cloudy

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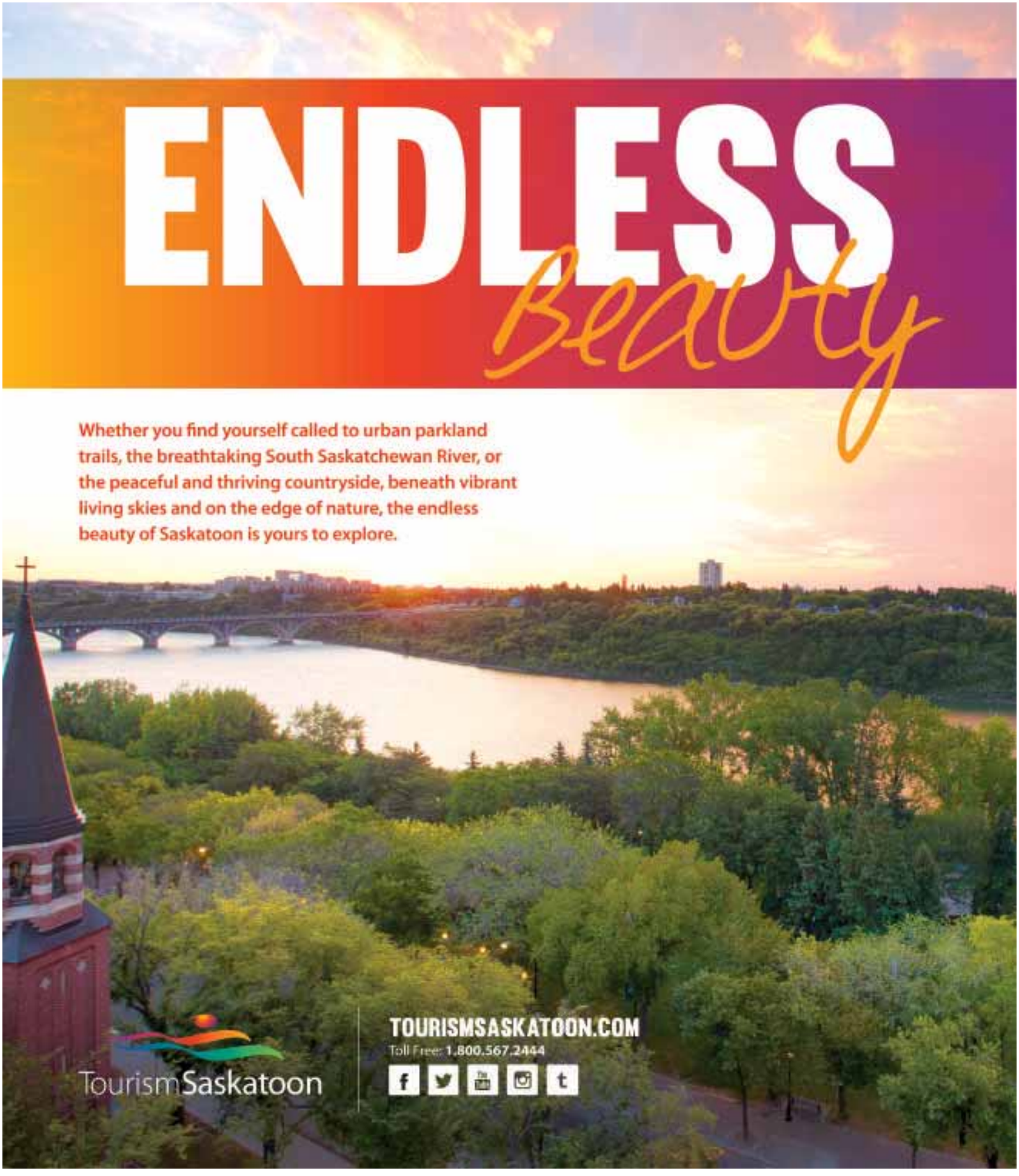
Tangerine
Forward Banking


ENDLESS
Beauty
Whether you find yourself called to urban parkland trails, the breathtaking South Saskatchewan River, or the peaceful and thriving countryside, beneath vibrant living skies and on the edge of nature, the endless beauty of Saskatoon is yours to explore.
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